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| **TEXAS CTE LESSON PLAN**  [www.txcte.org](http://www.txcte.org) | |
| **Lesson Identification and TEKS Addressed** | |
| **Career Cluster** | Law, Public Safety, Corrections, and Security |
| **Course Name** | Principles of LPSCS |
| **Lesson/Unit Title** | Health and Safety in LPSCS Careers |
| **TEKS Student Expectations** | 130.332. (c) **Knowledge and Skills**  (5) The student implements measures to maintain safe and healthful working conditions in a law and public safety environment  (A) The student is expected to identify, analyze, and evaluate the dangers associated with the different career fields  (D) The student is expected to discuss the importance of good health and physical fitness  (9) The student identifies the roles of the public safety professional  (G) The student is expected to identify how public safety professionals manage the stress related to these jobs |
| **Basic Direct Teach Lesson**  (Includes Special Education Modifications/Accommodations and  one English Language Proficiency Standards (ELPS) Strategy) | |
| **Instructional Objectives** | The student will be able to:   * Identify the dangers associated with careers in law, public safety, corrections, and security * Discuss the importance of good health and physical fitness * Identify how public safety professionals manage stress related to these jobs |
| **Rationale** | Fitness and stress management are key components in living a healthy life. However, for those who work in the LPSCS fields, health and fitness are essential ingredients to survival. |
| **Duration of Lesson** | 2 hours |
| **Word Wall/Key Vocabulary**  *(ELPS c1a,c,f; c2b; c3a,b,d; c4c; c5b) PDAS II(5)* |  |
| **Materials/Specialized Equipment Needed** | **Materials**   * Computers with Internet access * Discussion Rubric * Individual Work Rubric * Research Rubric |
| **Anticipatory Set**  (May include pre-assessment for prior knowledge) | Start a discussion by asking students to define fitness, health, and stress. Allow the students to share their own ideas about how to manage each of these. Use the following questions to encourage the discussion:   * What are the consequences of good and bad health? * What does it mean to manage stress? * What can you do to get fit? * Is stress good or bad? Can it be both?   Use the Discussion Rubric for assessment. |
| **Direct Instruction \*** | 1. The Dangers of Careers in LPSCS   A. Law Enforcement   * + 1. Physical Dangers        1. Assault        2. Shootings        3. Falls        4. Contact with hazardous materials        5. Exposure to communicable disease        6. Exposure to extreme weather conditions        7. Risks associated with situations involving criminal activity and/or felons        8. Risks associated with traffic stops, accidents, and traffic direction     2. Emotional Dangers        1. Must remain calm and under control in difficult and extremely dangerous situations        2. Must maintain stamina and energy level regardless of emotional state     3. Stress-Related Dangers        1. Complacency is the number one killer of officers and other public safety professionals (Kahlberg, 2012)     4. Immediate and dramatic situational changes     5. States of high alert for extended periods of time     6. Shift work and long hours        1. Cause exhaustion and an inability to stay alert        2. Increase the risk of falling asleep during a shift        3. Impede the ability to participate in a healthy family life   1. Statistics      1. High divorce rate      2. High rate of alcoholism      3. High rate of suicide  1. Correctional Services    1. Physical Dangers       1. Working with violent offenders       2. Carrying minimal protection (weapons)       3. Contact with hazardous materials       4. Exposure to communicable diseases       5. Receiving assaults and/or threats from offenders       6. The risk of being stabbed, pricked, or cut during cell searches       7. Working outnumbered in the facility, dorm, and recreation yard       8. Target of gangs in the free world    2. Emotional Dangers       1. Tough attitudes get carried into personal relationships       2. Complacency leads to death 2. Fire Services    1. Physical Dangers       1. Fires of all types       2. Falling debris       3. Falls       4. Smoke       5. Communicable diseases       6. Hazardous materials       7. Bombs       8. Separation from the team during dangerous activities       9. Search and rescue risks in dangerous locations or during emergencies       10. Electrical power lines that have fallen       11. Fatigue from physical demands 3. Security Services    1. Physical Dangers       1. Working in dangerous locations (i.e., overseas during a war)       2. Often working unarmed       3. Mistaken for police by offenders       4. Receiving much less training than police       5. Suffering many of the same dangers as law enforcement 4. Fitness and Wellness    1. Key Terms       1. Physical Fitness – “the condition of the body which enables an individual to use his or her body in activities requiring strength, muscular endurance, cardiovascular endurance, flexibility, coordination, agility, power, balance, speed, and accuracy, without the undue experience of fatigue and exhaustion” (TCLEOSE)       2. Wellness – “a state of positive well-being [that] induces the physical, mental, spiritual, and socio-emotional dimensions of life...translates into the practice of positive lifestyle behaviors and good health habits” (TCLEOSE)    2. Health and disability status of law enforcement includes a high incidence of stress-related disorders (TCLEOSE)       1. 30% suffer from alcoholism       2. 28% are divorced       3. The suicide rate is twice the rate of officers killed on duty    3. The importance of fitness       1. Physical health          1. Reduces coronary risk          2. Minimizes hypo-kinetic disease          3. Promotes weight reduction and control          4. Improves fatigue tolerance          5. Increases energy production       2. Emotional health          1. Decreases anxiety and depression          2. Improves self confidence          3. Increases the ability to deal with stress       3. Job performance          1. Increases alertness and productivity          2. Reduces absenteeism and healthcare costs 5. Stress Management   A. Individual stressors   * + 1. Fears regarding job competencies or success        1. This is especially true for new officers        2. They often worry about doing the job correctly and remembering all of the information they have been taught     2. Necessity to conform – officers often find that they must conform to the norms of their department in order to fit in     3. Necessity to take a second job – many officers get into serious debt and need to work “off-duty” jobs     4. Altered social status – most often difficult for women because of the chauvinism still present in many LPSCS professions     5. Frequent exposure to life’s miseries     6. Rigors of police work (shift work, exposure to elements, physical demands, etc.)   1. Boredom – officers often perceive that there is nothing to do if they are not on an assigned call   2. Fears and dangers of the job   3. Responsibilities are great – failure to meet obligations could result in physical harm (of self or others) and/or civil (monetary) suits   4. Work overload – shifts may be understaffed, causing officers to work more cases than they can possibly clear   5. Fragmented nature of calls (i.e., an emergency shooting one minute and then no call for hours)  1. Emotional/relational symptoms of excessive stress    1. Divorce    2. Alcoholism    3. Suicide    4. Abrupt behavior changes    5. Overly suspicious/hostile    6. Fearful    7. Depressed    8. Antisocial 2. Physical symptoms of excessive stress    1. Digestive disorders    2. Headaches    3. Excessive illness    4. High blood pressure    5. Sleep disorders    6. Back, neck, and/or shoulder pain    7. Increases or decreases in weight 3. Appropriate methods of coping with stress    1. Exercise    2. Recreation    3. Hobbies    4. Eating a nutritious, balanced diet    5. Communicating with others    6. Relaxation    7. Time management techniques 4. Inappropriate methods of handling stress    1. Alcohol and/or Drugs       1. Evaluate your own use of alcohol and/or drugs       2. Report and assist coworkers who are experiencing alcohol or drug problems          1. Be aware and recognize the problem          2. Urge the coworker to seek help          3. Encourage the coworker after they seek help    2. Overeating    3. Inflicting anger on others    4. Holding stress inside 5. Tips for getting along with others    1. Do not act like a know-it-all    2. Do not act intimidated    3. Do not make excuses    4. Do not be sensitive to teasing or ridicule    5. Do compliment others   6. Do ask for help if you do not have the answer  G. Time Management Techniques   * 1. Wake up in time to eat a healthy breakfast      1. Rushing can         1. Lead to skipping breakfast         2. Cause unwanted stress (i.e., speeding to avoid being late)      2. Adequate sleep and preparedness are important to successfully completing a stressful shift   2. Determine your top priorities      1. Prioritize your list according to importance, not how easily a task can be completed      2. Give yourself credit for the tasks you accomplish during the day instead of getting frustrated about the tasks you did not accomplish   3. Get organized      1. Do not waste time and energy looking for misplaced items      2. Arrange a specific place for files and tools, and return them after use      3. Create a filing system to avoid paperwork pileup      4. Use color coding to make items easier to find      5. Do not save everything you think you might need someday; clutter makes it difficult to find what you really need   4. Conquer procrastination      1. Do not waste time worrying      2. Break big jobs down into smaller tasks      3. Delegate or let go of tasks that are not important to you   5. Learn to say “no”      1. Do not overcommit yourself      2. Compromise when it comes to your partner or family      3. Remember family support is important to stress management   6. Protect your “prime time”      1. Chose a time to do your priority work      2. Eliminate all distractions in order to make the most of your time   7. Keep weekends for you      1. Get proper relaxation to reduce stress, restore energy, and avoid physical and mental fatigue      2. Try to complete essential household chores throughout the week so they do not stack up during the weekend      3. Do not worry about unimportant tasks; let the rest go      4. Concentrate on your top priorities      5. Complete weekend chores early so that the rest of the weekend is free to enjoy   *Individualized Education Plan (IEP) for all special education students must be followed. Examples of accommodations may include, but are not limited to:*  none |
| **Guided Practice \*** | *Individualized Education Plan (IEP) for all special education students must be followed. Examples of accommodations may include, but are not limited to:*  none |
| **Independent Practice/Laboratory Experience/Differentiated Activities \*** | Stress Reduction Suggestions Worksheet. Have the students complete the Stress Reduction Suggestions Worksheet. Discuss how each of the stress reduction strategies can be applied to the students’ lives. Use the Stress Reduction Suggestions Worksheet Key to guide the discussion. Use the Discussion Rubric for assessment.  Fitness Plan. Have students prepare a personal health and fitness program that includes a healthy diet and exercise plan. Each student must create a well-balanced diet and exercise regimen for a full seven days. The diet must include three meals and two snacks a day, along with appropriate beverages. The exercise plan must include both cardio and strength training. The students may research and use pre-existing exercise plans or programs if they adapt them to their own fitness needs. For example, if a student currently uses a commercial workout system, he or she needs to determine how to maximize the results by scheduling certain workouts on specific days. He or she may also choose to use and adapt a commercial diet plan. Use the Individual Work Rubric for assessment.  *Individualized Education Plan (IEP) for all special education students must be followed. Examples of accommodations may include, but are not limited to:*  none |
| **Lesson Closure** |  |
| **Summative/End of Lesson Assessment \*** | * Health and Safety in LPSCS Careers Exam and Key * Stress Reduction Suggestions Worksheet and Key   *Individualized Education Plan (IEP) for all special education students must be followed. Examples of accommodations may include, but are not limited to:*  For reinforcement, students will research the requirements for a well-balanced diet. Students will then base their diet plan on the required daily allowances for each of the food groups. Use the Research Rubric for assessment. |
| **References/Resources/**  **Teacher Preparation** | Do an Internet search for the following:   * Law enforcement careers tips disadvantages of law enforcement careers * Being a firefighter what is involved in this noble profession 443052 * Marc Kahlberg, Complacency Kills, *Law Enforcement Today* * Texas Commission on Law Enforcement Officer Standards and Education (TCLEOSE) Fitness Wellness and Stress training materials |
| **Additional Required Components** | |
| **English Language Proficiency Standards (ELPS) Strategies** |  |
| **College and Career Readiness Connection[[1]](#footnote-1)** | **English/Language Arts Standards**   1. Research   A. Formulate topic and questions.   * + 1. Formulate research questions.     2. Explore a research topic. |
| **Recommended Strategies** | |
| **Reading Strategies** |  |
| **Quotes** |  |
| **Multimedia/Visual Strategy**  **Presentation Slides + One Additional Technology Connection** |  |
| **Graphic Organizers/Handout** |  |
| **Writing Strategies**  **Journal Entries + 1 Additional Writing Strategy** |  |
| **Communication**  **90 Second Speech Topics** |  |
| **Other Essential Lesson Components** | |
| **Enrichment Activity**  (e.g., homework assignment) | For enrichment, students will research the effects of stress in LPSCS careers. Students must include statistical data reporting the negative effects of stress and the positive ways to manage stress in these careers. Use the Research Rubric for assessment. |
| **Family/Community Connection** |  |
| **CTSO connection(s)** | SkillsUSA |
| **Service Learning Projects** |  |
| **Lesson Notes** |  |

1. Visit the Texas College and Career Readiness Standards at <http://www.thecb.state.tx.us/collegereadiness/CRS.pdf>, Texas Higher Education Coordinating Board (THECB), 2009. [↑](#footnote-ref-1)